

भारतीय मानक
एनीमा प्रक्रिया- रीती संहिता
Indian Standard

ENEMA PROCEDURE - CODE OF PRACTICE

Naturopathy Sectional Committee - AYD 03

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FOREWORD

(Formal clause shall be added later on)

Naturopathy is a system of medicine that aims to diagnose and treat every human ailment, pain and injury through the use of the natural elements, mainly the five in number, that are *space, air, fire, water* and *earth (Pancha mahabhuta)*, along with diet, rest and exercise, which enable the body to heal itself. It helps treatments and prevent of diseases as well as promote overall well-being. The therapeutic techniques of naturopathy are based on the customs and culture of the Indian subcontinent, which are documented in the *Upanishads, Purāṇās* and other ancient Indian scriptures.

An enema, referred to as rectal irrigation, is a therapeutic practice involving the introduction of water and water-based solutions into the rectum via the anus to cleanse a section of the large intestine. It is utilized for addressing various health conditions and also contributes to overall wellness. It may be recommended alongside other naturopathic treatments. Enemas are particularly effective for alleviating constipation, hyperacidity, and digestive issues etc.

The various techniques for administering enemas found in public discussions highlight the need for a uniform procedure. This Standard establishes the Guidelines for the Enema Procedure. The treatment shall be given by a naturopathy therapist under the oversight of a naturopathy physician.

The inputs for formulation of this standard are derived from the information available in the public domain in print and electronic media including authoritative books of Naturopathy published by the National Institute of Naturopathy, Ministry of Ayush, Govt. of India. Technical inputs from subject matter experts are also used to formulate the standard.

Indian Standard

ENEMA PROCEDURE — CODE OF PRACTICE

1 SCOPE

This standard specifies code of practice of Enema procedure as a Naturopathy modality used in treating various disease conditions and also maintaining general well-being.

2 REFERENCES

The standard mentioned below contains provisions which, through reference in this text, constitute provisions of this standard. At the time of publication, the edition indicated was valid. All standards are subject to revision and parties to agreements based on this standard are encouraged to investigate the possibility of applying the most recent edition of the standards indicated below:

Standard No.

IS 19136 : 2025

Title

Glossary of Naturopathy

3 TERMINOLOGY

For the purpose of this standard, the definitions given in IS 19136 : 2025 shall apply.

4 REQUIREMENTS

4.1 Procedure Room

4.1.1 The procedure room for enema shall have a minimum area of 10×10 square feet. It shall be situated in close proximity to the toilet/washroom and located within the Hydrotherapy section of the (IPD/OPD) naturopathy facility. The treatment can be given in the designated treatment section or at the bedside.

4.1.2 Code of Practice of Enema procedure shall be displayed in room.

4.2 Procedure Equipment and Human Resources

The equipment required for enema procedure is mentioned as below in Table 1.

Table 1 Requirements for Enema Procedure

(Clause 4.2)

SI No	Items	Quantity
(1)	(2)	(3)
i)	Enema Can	1 no.
ii)	Connecting Tube with Clamp	1 no.
iii)	Disposable Catheter	1 no. (size as required)
iv)	Disposable Hand Gloves	1 pair

v)	Bath Thermometer	1 no.
vi)	Enema Stand	1 no.
vii)	Enema Table	1 no.
viii)	Disposable Bedspread	1 no.
ix)	Lubricant	As required
x)	Waterproof Apron	1 no.
xi)	Naturopathy Therapist	1 individual / as per need

4.3 Hygiene

The therapist shall ensure the following before setting the apparatus for the enema procedure.

4.3.1 The Enema can, connecting tube, clamp, disposable nozzle, and rubber catheter are clean and without any blockages.

4.3.2 A disposable bed spread shall use for enema table.

4.3.3 The therapist shall wear disposable hand gloves and waterproof apron.

4.4 Safety

4.4.1 The therapist shall ensure that the enema fluid is as mentioned in the naturopathy physician's prescription.

4.4.2 The therapist shall ensure the floor of the treatment section is non-slippery.

4.4.3 The therapist shall explain the treatment procedure to the patient before administering the treatment.

4.4.4 The therapist shall ensure that the fluid filled in the enema can is to its optimum level as per the prescription.

4.4.5 The therapist shall ensure that the temperature and quantity of enema fluid are as mentioned in the physician's prescription. The temperature and quantity are mentioned below in Table 2 and Table 3 respectively.

Table 2 Temperature of Enema Fluid
(Clause 4.4.5)

Very Cold	Cold	Cool	Tepid	Neutral	Warm	Hot
32° F to 55° F	55° F to 65° F	65° F to 80° F	80° F to 92° F	92° F to 95° F	95° F to 98° F	98° F to 104° F

Table 3 Quantity of Enema Fluid
(Clause 4.4.5)

SI No.	Category	Size of Catheter	Solution quantity	Temperature of the fluid
(1)	(2)	(3)	(4)	(5)
1.	Child (age 03 yrs)	8 mm	As per the prescription	As per the prescription
2.	Adult	12 mm	As per the prescription	As per the prescription

4.4.6 The therapist shall clean and sanitize the enema can and Enema table thoroughly after every procedure to prevent cross-contamination.

4.4.7 The therapist shall monitor and ensure the individual's comfort and safety.

The therapist shall report any kind of incident/accident during the procedure to the doctor immediately.

5 PRECAUTION

5.1 The minimum age for administering an enema to a child with available equipment is 3 years, based on standard practice.

5.2 Enema procedure shall be administered by a naturopathy therapist under the supervision of a naturopathy physician.

6 CODES OF PRACTICE OF ENEMA PROCEDURE

6.1 Procedure Sequence

The treatment sequence consists of two distinct phases outlined as follows.

6.1.1 Phase 1 – Preparation of Procedure room and Treatment Equipment

- The therapist reads the treatment prescription and goes to the procedure room.
- The therapist ensures that the procedure room is clean.
- The therapist ensures that the connecting tube is clean and functional.
- The therapist connects fresh catheter with enema can using a connecting tube.
- Using a bath thermometer, the therapist ensures that temperature of fluid filled in enema can is as prescribed.
- Therapist allows water to flow from the catheter to ensure the removal of air from it.
- The therapist tightens the clamp on the connecting tube.
- The therapist hangs enema can and tube on enema stand.

6.1.2 Phase 2 – Treatment Administration to the Individual

- a) The therapist escorts the individual into the treatment room.
- b) The therapist makes the individual sit on the enema table.
- c) The therapist explains the treatment procedure to the individual and takes the consent.

(Annex-A)

- d) The therapist asks the individual to lie down on the Enema Table in the prescribed position.
- e) The therapist lubricates the catheter and anal orifice and then inserts it into the anus up to 2 inches.
- f) The therapist loosens the clamp to allow the fluid to flow while gently massaging the individual's abdomen.
- g) The therapist tightens the clamp, either upon the individual getting the urge or the prescribed volume of fluid being passed. Then the therapist removes the nozzle.
- h) The individual is asked to hold the fluid as per their convenience prior to evacuation.

6.2 DISPOSAL, SANITIZATION AND MAINTENANCE

The therapist attends to the disposal, sanitization, and maintenance of material used in the procedure. The used catheter shall be disposed and the enema can, table and procedure room shall be cleaned and dried as per standard guidelines.

Annex A
INFORMED CONSENT FORM FOR ENEMA PROCEDURE

I hereby permit (Name of Attending Physician) his/her Associate Attending Physician of the same service, and assistants as may be selected and supervised by him/her to Enema Procedure.

The procedure has been explained to me and I have been told the reasons why I need the procedure. The risks of the procedure have also been explained to me. In addition, I have been told that the procedure may not have the result that I expect. I have also been told about other possible treatments for my condition and what might happen if no treatment is received. I understand that in addition to the risks described to me about this procedure there are risks that may occur with any naturopathy and yoga procedures.

I have had enough time to discuss my condition and treatment with my health care providers and all of my questions have been answered to my satisfaction. I believe, I have enough information to make an informed decision and I agree to have the procedure. If something unexpected happens and I need additional or different treatment (s) from the treatment I expect, I agree to accept any necessary treatment.

Signature of Patient or Parent/Legal Guardian of Minor Patient

Date:

FOR PHYSICIAN PURPOSE

I explained the risks, benefits and alternatives of the Enema Procedure to the above-named patient. I provided the above-named patient with the opportunity to ask questions. I have answered the questions asked and it is my professional opinion that the patient understands what I have explained

Signature of Attending Physician or Authorized Health Care Provider

Date: